

Strides Toronto presents
Circle of Security Parent Group

Winter Groups Starting Soon!

Many parents wish children came with instructions. You're not alone. We have a program for you!

The **Circle of Security Program** can help you strengthen your parent-child relationship and gain confidence to better understand and support your child, especially during times of upset or distress.



This **FREE** 8-week virtual group will enhance your ability to support your child to achieve increased calmness, cooperation, and effective communication. You will gain knowledge and a deeper understanding of how behaviour and connection can impact your relationship with your child. As a caregiver, you will understand the importance of building a secure relationship with your child and help them to know that they can turn to you for support when confronted with difficulties or challenges.

WINTER 2025 GROUPS

Registration Closes on Dec. 6, 2024

- Option 1) **Tuesday Morning Group**
10:00am – 11:30am • Jan 14 – Mar 11, 2025
- Option 2) **Wednesday Evening Group**
6:30pm – 8:00pm • Jan 15 – Mar 12, 2025
- Location Virtual through Zoom
- Duration Group runs for 8 consecutive weeks plus one individual feedback session.



Call us at 416-438-3697 ext. 19055 for registration or more information about the Circle of Security Parent Group.